

Objective 18: Increase Access to Healthy Food

Maryland SHIP Vision Area 3: Healthy Physical Environments
Tools, Resources, and Promising Practices
updated June 2012



Information, Facts and Figures

[Access to Healthy, Affordable Food](#)

Recommendations from the White House Task Force on Childhood Obesity Report to the President for a comprehensive approach to making healthy choices easy.



[The Community Guide—Promoting Good Nutrition](#)

Provides information and tips for promoting healthy food and good nutrition.



[The Food Trust](#)

The Food Trust, a Philadelphia-based non-profit, has developed a comprehensive approach that combines nutrition education and greater availability of affordable, healthy food.



[USDA Report to Congress on Access to Healthy Food](#)

A report from the US Dept of Agriculture (160 page PDF): "Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences, Report to Congress, June 2009"



[Food Environment Atlas](#)

Assemble county level statistics on food choices, health and well-being and other community characteristics.



Maryland Services and Hotlines

[Baltimarket -Virtual Supermarket Program](#)

An online grocery ordering/delivery system that helps to bring food to neighborhoods with little access to healthy foods and where vehicle ownership is low. Orders are placed online and food is delivered to libraries or a school with no delivery fee.



[Maryland Farmers Markets](#)

Resources for locating nearby farmers markets in Maryland.



[Baltimore Food and Faith Project](#)

Partnering with faith communities, religious schools, farmers, and other organizations, the project addresses issues of environmental stewardship, social and economic justice, health and nutrition.



[Baltimore Healthy Stores Project](#)

A store based intervention that encourages storeowners to stock fruits, vegetables, whole grains, and other healthy foods, educates consumers about nutrition, and uses signage to identify healthy choices.



[Real Food Farm – Connecting Baltimore to Real Food](#)

Youth community service and skills training program at its core, the Real Food Farm program is an innovative urban agricultural enterprise engaged in growing fresh produce on six acres of land in Clifton Park in northeast Baltimore.



[USDA list of Food Hubs](#)

Hubs allow farmers to meet the growing consumer demand for fresh, local food by gaining entry into commercial markets such as grocery stores, hospitals and schools.



Promising Practices

[The Food Hub Model](#)

Regional food hubs help connect food producers to new markets. Programs provide an integrated approach including expanded market opportunities for agricultural producers, job creation in rural areas and increased access to fresh healthy foods for consumers.



[HealthierUS School Challenge](#)

The HealthierUS School Challenge (HUSSC) is a voluntary certification initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.



[Community Food Projects Competitive Grant Program \(CFPCGP\)](#)

The USDA's Community Food Projects Competitive Grant Program (CFPCGP) has existed since 1996 as a program to fight food insecurity through developing community food projects that help promote the self-sufficiency of low-income communities.



[Examples of school-based nutrition interventions](#)

A list of examples of school-based nutrition interventions



[Healthy Corner Stores Issue Brief from The Food Trust](#)

Current issue brief from the The Food Trust, on connecting corner stores with locally available healthy foods.



[The Pennsylvania Fresh Food Financing Initiative](#)

A statewide public-private financing program in Pennsylvania designed to attract supermarkets and grocery stores to underserved urban and rural communities.



[Food Retail Expansion to Support Health \(FRESH\)](#)

Located in NYC, this program offers zoning and financial incentives to promote development of new full-service food stores and renovation of existing stores in areas that lack fresh food access.



["Healthy Bodegas" Initiative](#)

The NYC Health Department's Healthy Bodegas Initiative helps citizens work with local corner stores to increase healthy offerings, like fresh fruits and vegetables, whole grain bread, low-fat milk, and low-salt and no-sugar-added canned goods.



[NYC's "Health Bucks" Program](#)

Health Bucks, developed by the NYC Dept of Health, is a financial incentive program to incentivize the purchase of fresh fruits and vegetables at participating farmers' markets in low income areas.



Personalized tools

[Smart Shopping for Veggies and Fruits](#)

Colorful one-pager with 10 tips for adding affordable vegetables and fruits to your daily diet.

[Eat right when money's tight](#)

Colorful 3-pager from the Snap-ed connection The SNAP-Ed Connection is an online resource center which contains information on healthy eating, using your food dollar wisely, and over 600 low cost recipes in English and Spanish.